

Lesson 1. Exercise 3. What Limits Us?

Lesson Key Message:

"You are NOT limited by people, events, or life. You are only ever limited by your thoughts about people, events, or life."

Exercise Instructions:

The key message states that we are not limited by anything or anyone other than our own thoughts. However, your thoughts and experiences may tell you otherwise.

For this exercise I would like you to consider deeply is it true that life limits you? Do you agree or disagree with the key message? If you disagree why? If you agree why? What are your thoughts here?

As an individual, small groups or class discuss/contemplate these questions, and see if you can reach a deep awareness within yourself of the truth that you are only ever limited by your own thoughts.

Note your individual or group/class ideas below: